

According to a recent study,
for every \$1 spent on
nutrition counseling with
a Registered Dietitian,
\$4 was saved.

THE FEEDBACK

McDaniel Nutrition Therapy has served companies of all sizes throughout the Saint Louis region. Recognizable names include:

- Dupont-Solae
- Anheuser Busch
- Clayco
- Nooter Construction
- Bank of America

"The SUSTAIN class and Jennifer helped me be successful for the FIRST time in my life in losing weight! I love that the philosophy is not a diet, but a sustainable life change. I really thought it would be harder! I learned so much!"

"Jennifer was an amazing teacher. She was always positive and encouraged us to be the same. She truly seemed to care about each one of us. It was a real pleasure to be in her class."



Contact Jennifer today
and start improving
your workplace!



Jennifer McDaniel, MS, RD, CSSD, LD
(314) 413-1996
jennifer@mcdanielnutrition.com
www.mcdanielnutrition.com

THE STORY

Jennifer McDaniel, MS, RD, CSSD, LD is a Registered Dietitian Nutritionist (RDN) and Certified Specialist in Sports Dietetics (CSSD). She is a national media spokesperson for the Academy of Nutrition and Dietetics and is a regular on-air contributor for KTVI Fox 2 News.

Jennifer is founder and owner of Saint Louis based private practice, McDaniel Nutrition Therapy, a nutrition consulting company that specializes in weight management, sports nutrition, and corporate wellness. She currently consults for Carmichael Training Systems, an international endurance sports consulting company, developed by the elite Olympic cyclist, Chris Carmichael. CTS trained several of the cyclists who wore the yellow jersey in the Tour de France.

She was the former undergraduate director and instructor in the department of Nutrition and Dietetics at Saint Louis University from 2006-2011. Jennifer has developed and designed wellness programs for numerous companies in the Saint Louis area and is a professional and engaging speaker who desires to create a sense of motivation for all audiences.

Jennifer earned her B.S. degrees in Nutrition & Dietetics from the University of Tennessee, Knoxville, and her M.S. in Nutrition and Physical Performance from St. Louis University graduating summa cum laude from both Universities.

Why hire Jennifer? She has helped thousands of clients find their path to the healthiest version of themselves. As a working mother of two young children, she understands the challenge of serving nourishing food for the entire family. While any diet may work in the short-term, Jennifer equips her clients with sustainable strategies for life long success.

Her promise to each corporate client is to provide the latest evidence-based, credible nutrition advice with a personalized and genuine approach. Her rigorous training combined with over 14 years of consulting experience qualify her to guide clients through the abundance of nutrition misinformation.



Corporate Wellness





**75% of health care costs
can be prevented through
lifestyle modifications**

Progressive companies know that their employees' health predicts their company's health. A superior wellness program can slash company healthcare costs by as much as 30 percent!

McDaniel Nutrition Therapy's engaging and interactive Corporate Wellness Programs transform employees into their healthiest selves.

THE FACTS

- Obese employees take an average of 6-9 more sick days per year than healthier employees according to the Journal of the American Medical Association. This translates to 450 million more missed days per year for obese employees and more than \$150 billion in lost productivity for employers.
- According to the Department of Health and Human Services, employers can expect a return on investment of \$3-\$6 per dollar invested in a well-designed wellness program.



THE BENEFITS

A company vested in its employees' health will consistently tower over its competitors.

There is research abounding that supports that companies that have impacting wellness programs have more productive employees and employees are more motivated and happier. It makes good business sense to invest in the health of your workforce.

- Lower healthcare costs
- Recruit better talent
- Differentiate your company
- Increase employee retention
- Reduce absenteeism
- Improve productivity and smiles
- Enhance company culture

THE MENU

Choose the Corporate Wellness Program that fits your organization's specific needs.

SUSTAIN WEIGHT LOSS PROGRAM

A 16-week journey for those seeking the skills they need for long-term weight loss success. SUSTAIN will help your employees find their "best" selves and become healthier, happier, and more productive.


LET'S DO LUNCH

Lunch and Learn presentations engage participants to take action on what they learned. Presentations include hands-on activities and on-site demos. Popular topics include:

- It's all in the timing - how WHEN you eat can improve your health!
- Making the Most of Your Metabolism
- Eating Real Food on the Fly

TEACH AND TASTE

A cooking demo supported with nutrition education. These presentations inspire, teach, and engage the audience, proving that healthy eating actually can be fun. The audience will learn mouth-watering and practical recipes using easy to find ingredients.



The link between employee engagement and your bottom line is real – more engaged workers translate to increased sales and profits.